

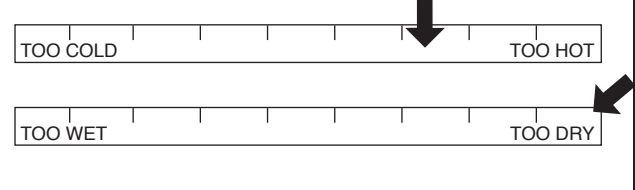


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	Back!
Broccoli	Yes	Plastic	Back!
Cantaloupe	Yes	No	Last of them, not all shares
Cucumbers	Yes	Plastic	one or a zucchini
Eggplant	Yes	Plastic	
Garlic	No	No	
Peppers	Yes	Plastic	Sweet carmens and serranos
Potatoes	No	Paper	Purple viking
Salad Mix	Yes	Plastic	Nice!
Spinach	Yes	Plastic	Back!
Tomatoes	No	No	Mucho
Winter Squash	No	No	Acorn

Farm Report 9/5/13

Rainfall nada
 High Temperature 88°
 Low Temperature 45°
 Farmer Complaint Indicators™:



Spinach is back in the box this week with a nice big bunch. Amazingly it didn't bolt to seed in last week's heat wave. We're trying to keep it well watered so that we have it for the next several weeks.

The arugula is back also, this round got a little oversized in the heat, but it is nice and tender. Some of our later seedings for it have had trouble germinating because of the dry conditions so we'll have more but probably not a continuous supply.

A nice big bag of salad makes one of it's rare appearances in the box this week. It also got a little big in the heat, but is still very enjoyable. We do wash it and spin it at the farm, but you should do the same when you get it home. It keeps much nicer if you can get it dried out well, adding a paper towel to the bag it's in is always helpful too. This is a mix of lettuces, with no mustards or arugula.

The last newbie to the box this week is an acorn squash. This is a little early for us to harvest winter squash, but it looks like a good crop of acorns, so I thought we'd get started with it. It'll keep just fine on your counter until a night where you feel like firing up the oven. These acorns are quite sweet compared to some older varieties, but their skin can be quite hard, so be careful when cutting it in half.

I think this will be peak week on the tomato front for the year, with everyone getting at least 15 in their boxes. We've finally transitioned out of the high tunnel after this week's picking and are getting more from the field. There's quite a bit of unripe fruit on the plants in the field so I don't think it will drop off too quickly in numbers.

Taste of Fall

Now that we've turned the corner into September we start to say goodbye to some of the summer fare in the boxes. No more corn and the melons are done but the spinach and arugula are back along with broccoli and the first of the winter squash.

The heat last week really knocked some things for a loop around here, and it doesn't become too apparent until you start realizing that the broccoli is going crazy. Broccoli is very heat sensitive, and a little heat right now can speed it up dramatically. I was trying very hard not to pick too much into next week's planting, but when broccoli is ready you have to pick it. A cabbage you can just leave in the field to get a little bigger, but a broccoli head will get too big and loose and eventually start to flower.

We have to make decisions about how much and when to plant the broccoli back in the spring and it's always tricky to plan for. It looks like there's not real cool weather in the forecast anywhere, so I think we'll be on broccoli overdrive here for a couple of weeks, or until it runs out. It also means that we'll probably see the first cauliflower of the fall next week.

The peppers are also coming in pretty well. The carmens are picking up steam, but we lost a lot of them to sun scald in the heat last week. In fact we had sun scald on a lot of unusual things, like some of the acorn squash. A lot of crops that like the heat while they're setting and sizing up their fruit don't necessarily like the oppressive heat when things are ripening. The eggplant don't seem to mind too much, although the sizes of the fruit get a bit smaller as we go.

Most of you will get a second cantaloupe this week if you haven't had two already. I don't think there will be quite enough this year to make sure that everyone gets two, due to the loss of the larger planting that I talked about last week. The good news is that this planting has outperformed itself and the quality has been very good. We had a few plants of some trial varieties in the field also, so if the one you get looks a little odd that's probably why.

The potatoes this week are the pretty purple vikings. I'm not really a football fan, but if you want to serve these for your Sunday dinner be my guest. They're a white-fleshed potato but have lovely pink and purple skin. This is the only potato in recent memory that someone took the time to write me about last year because they loved them so much. I don't get many emails raving about the lowly potato.

Last of the cukes and zukes today with an either/or situation. It was a great year for cucumbers and yellow squash and just an average one for the zucchinis.

We had to pass on a couple of things for the boxes this week also because of the heat (and cold!). The carrots for this week are just too dry and we're trying to focus on getting water to the fall storage carrots right now, and these late summer ones just haven't been a priority. Oddly enough, the basil for this week was showing signs of cold damage from the cool night Monday night, up by the house it was 54° but we must have low 40's in that part of the field.

Farm News

As I've mentioned above, dealing with the continuing effects of last week's heat wave dominated the end of last week and the beginning of this one. We're now as dry on the farm as we were last year at this time, if not a bit drier. Because the fields are almost 1500' away from our well this year we've had a heck of a time keeping some things watered. And when we do get it watered we don't seem to be able to get enough water down to have a lasting impact. I'm going to have to sit down this winter and re-evaluate using the fields that

far away, or consider utilizing some other irrigation technology. It occurred to me this week that the last time we were in these fields in 2009, we didn't have to supplement with irrigation very much because it was a wet year.

Coming next week: Broccoli, cauliflower, spinach, arugula, tomatoes, peppers, onions, beets, squash.

Crisp Fried Eggplant *Gourmet | April 1990*

- 1/3 cup cornstarch
- 1 large egg
- 1/2 teaspoon coarse salt plus additional for sprinkling the eggplant
- 1 cup fresh bread crumbs
- 1 small eggplant (about 1/4 pound), cut crosswise into 1/4-inch-thick slices
- vegetable oil for deep-frying
- lemon wedges if desired

Put the cornstarch, the egg beaten with 1/2 teaspoon of the salt, and the bread crumbs in separate small dishes. Dredge each eggplant slice in the cornstarch, coating it thoroughly and shaking off the excess, coat it with the egg mixture, and dredge it in the bread crumbs, pressing on the crumbs to make them adhere. Transfer the eggplant as it is coated to paper towels and let it dry slightly. In a deep heavy skillet fry the eggplant slices in batches in 1/2 inch of 375°F. oil for 1 minute on each side, or until they are golden brown, and transfer them with tongs to paper towels to drain. Sprinkle the eggplant lightly with the additional salt and serve it with the lemon wedges.

Grilled Eggplant w/ Roasted Red Pepper *Tricia Cornell*

- 2 large red bell peppers, or two carmen peppers
- 1 large eggplant
- 1 teaspoon kosher salt, divided
- 3 tablespoons olive oil, divided
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon anchovy paste
- 2 tablespoons minced garlic
- 8-10 fresh leaves basil, thinly sliced, more for garnish

Preheat grill on high for several minutes. With the lid down, grill peppers about 15-20 minutes, turning several times, until blistered all over. Place peppers in a mostly airtight container (a glass bowl with a lid or plate on top works well) for about half an hour, until cool enough to touch. While the peppers are on the grill, slice eggplant 1/2-inch thick, place in a single layer on a platter, and sprinkle about 1/2 teaspoon salt over them. Let sit for about 20-30 minutes, then pat dry. Brush eggplant on both sides with about 1 tablespoon of the oil. Grill about 5 minutes on each side, allowing them to become a little translucent and droopy; they'll have much more flavor than when they're still whitish and dry.

While the eggplants are on the grill, peel the peppers. Use your fingers to pull out the stem and seeds, holding the peppers over a mixing bowl to catch as much of the juices as possible. Rub the pepper skin off with your fingers. Discard stem, seeds, and skin. Slice peppers in bite-sized pieces and mix with juices, remaining 2 tablespoons olive oil, lemon juice, anchovy paste, garlic, basil and remaining 1/2 teaspoon salt. Arrange eggplant on a serving platter and spoon peppers on top. Garnish with fresh basil.